

Easy Bagels

★★★★★ 5 from 12 votes



INGREDIENTS

- Use any bread dough recipe that has risen and ready to be baked I use my sourdough recipe
- 1 Tbsp Baking soda
- 1 Tbsp Sugar
- Toppings for bagels (optional) such as cinnamon & sugar, sesame seeds, course salt, onion flakes

INSTRUCTIONS

1. Preheat the oven to 425 degrees F and bring a large pot of water to a rolling boil, and add 1 Tbsp baking soda and 1 Tbsp sugar. This is what gives it that bagel sheen and gives it that slightly chewy texture.
2. After folding dough the last time, take out a small piece that fits inside your palm and roll into a ball and place on a piece of parchment paper. When parchment is filled, push your thumb inside the center of each to make a hole.
3. Gently drop the bagels in the boiling water. Make sure not to crowd the bagels together so that they are all touching (3 or 4 work well.) They need plenty of room to do their bagel dance. Lol. Boil 1 minute on each side. I use a spatula to flip. After two minutes, remove bagels with spatula and set on baking sheet with parchment paper on top.
4. This is the time to add toppings on top of the bagels if you would like.
5. Bake at 425 degrees F for about 20 minutes until golden brown.
6. Let cool, serve sliced in half toasted with some grass fed butter and cream cheese.
7. Freeze any leftovers for another time.

